

Elbow Care Pathway

GP assessment of pain & function, Consider GALS examination

<https://www.versusarthritis.org/about-arthritis/healthcare-professionals/clinical-assessment-of-the-musculoskeletal-system/rems-general-principles/examination-of-the-elbow/>
<https://www.elbowdoc.co.uk/elbow-examination/>

History of trauma or significant injury or loss of function?

Signs of instability or impingement in throwing athletes?

Consider immediate MSK R/F

Positive "Elbow Extension Test"
Refer for XR

No Hx trauma
conservative advice and self-management, NSAIDs/Analgesia, Standard Physiotherapy

Symptoms >6/52 or Progressive?
Non-responsive to remedial measures
Diagnosis unclear

For Signs of Septic Elbow joint or Septic Olecranon Bursitis.

Urgent Referral

Refer to Pennine MSK Partnership for specialist review
Choose & Book triage within 48 hours. Clinical Specialist Ax <4/52

Tendonopathy

Lateral and medial Epicondylitis

Distal Biceps

Snapping Triceps

Biceps rupture

Consider USS?

Soft Tissue

Ligamentous- MCL/LCL

Olecranon Bursitis

Chronic Exertional Compartment syndrome (CECS)

Differential Diagnosis

Cervical/Shoulder With brachalgia RA
Jt infection/Sepsis Ca/Pancoasts

Refer to appropriate Pathway

Intra-articular OA

OCD-Loose body Synovitis Plica Syndrome Posteromedial impingement Posterolateral impingement Radial Head Instability

Consider XR

Neural/ Entrapment

Cubital tunnel (mandatory) Radial Tunnel Anterior Interosseous median nerve

Nerve Conduction?

INJECTION THERAPY

PHYSIOTHERAPY REFERRAL

SELF REFERRAL PATHWAY BASED ON PT CHOICE/SHARED DECISION

Non-responsive to Intervention, Pain and functional disability persisting. Progressive pathology?

ORTHOPAEDIC REFERRAL

ONLY at this point review diagnostic orthopaedic requirement pre-operative checklist (Ortho MSK checklist doc)

SURGICAL INTERVENTION WITHIN 18/52 PATHWAY

Arthroscopic or Open debridement/ fasciectomy/ spur excision/ contracture release
Instability/ Ligament reconstruction/ Total Elbow Replacement
Tendon Decompression
Bursectomy/ PRP Injection for epicondylitis